News Release

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August 2, 2019

Do I Have to Give Up My Favorite Comfort Food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity.

Some general tips for comfort foods:

* Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You’ll be cutting your calories because you’re not having the food as often.
* Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.
* Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.
* The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

For more information on family and consumer science related topics go to [www.haskell.agrilife.org](http://www.haskell.agrilife.org) or like us on Facebook at: Haskell County 4-H and Texas A&M AgriLife Extension Service. Also, contact Darlene Hopkins- the Haskell County Extension Agent for Family and Community Health at 101 S. Ave D, Haskell, Texas- phone # 940-864-2658.

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